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ABN 98 000 092 928

Breville Customer Service Centre Australian Customers

Breville Customer Service Centre
PO Box 22
Botany NSW 2019
AUSTRALIA

Customer Service: 1300 139 798

Fax (02) 9384 9601

Email Customer Service: askus@breville.com.au

New Zealand Customers

Breville Customer Service Centre
Private Bag 94411
Greenmount
Auckland, New Zealand

Customer Service: 0800 273 845

Fax 0800 288 513

Email Customer Service: askus@breville.com.au

www.breville.com.au

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Breville

Avance® Banquet Frypan

Instructions and Recipes
BEF200



Inspiration. Every day.™



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Congratulations

on the purchase of your new Breville Avance® Banquet Frypan

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following instructions.

IMPORTANT SAFEGUARDS FOR YOUR BREVILLE AVANCE® BANQUET FRYPAN

- Carefully read all instructions before operation and save for future reference.
- Remove and safely discard any packaging material and promotional stickers before using the Avance® Banquet Frypan for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug of the Avance® Banquet Frypan.
- Do not place the Avance® Banquet Frypan near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water.
- Keep the Avance® Banquet Frypan clear of walls, curtains and other heat or steam sensitive materials. Minimum 200mm distance.
- Do not place on or near a gas burner, electric element or in or near a heated oven.
- Do not use on a sink drain board.
- Always insert Temperature Control Probe into probe socket before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the Temperature Control Probe.
- The frypan must be used with the Temperature Control Probe provided. Do not use any other probe or connector.
- To protect against electric shock, do not immerse power cord or Temperature Control Probe in water or any other liquid, or allow moisture to come in contact with these parts.
- Ensure the Temperature Control Probe has cooled before removing from the appliance.
- Always remove Temperature Control Probe before cleaning the appliance.
- If using plastic utensils, do not leave in frypan when hot.
- Do not place hot glass lid under cold water.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the frypan to cool before removing oil or other liquid.
- Do not touch hot surfaces. Use the handles for lifting and carrying the Avance® Banquet Frypan.
- Do not leave the appliance unattended when in use.
- Always turn the Temperature Control Probe to 'MIN', then switch off at the power outlet and allow probe to cool, then remove probe and unplug, if appliance is to be left unattended, if not in use before attempting to move appliance and before cleaning.
- Keep the appliance clean. Refer to care and cleaning (page 9).
- Do not place anything on top of the Avance® Banquet Frypan when the lid is in position, when in use and when stored.

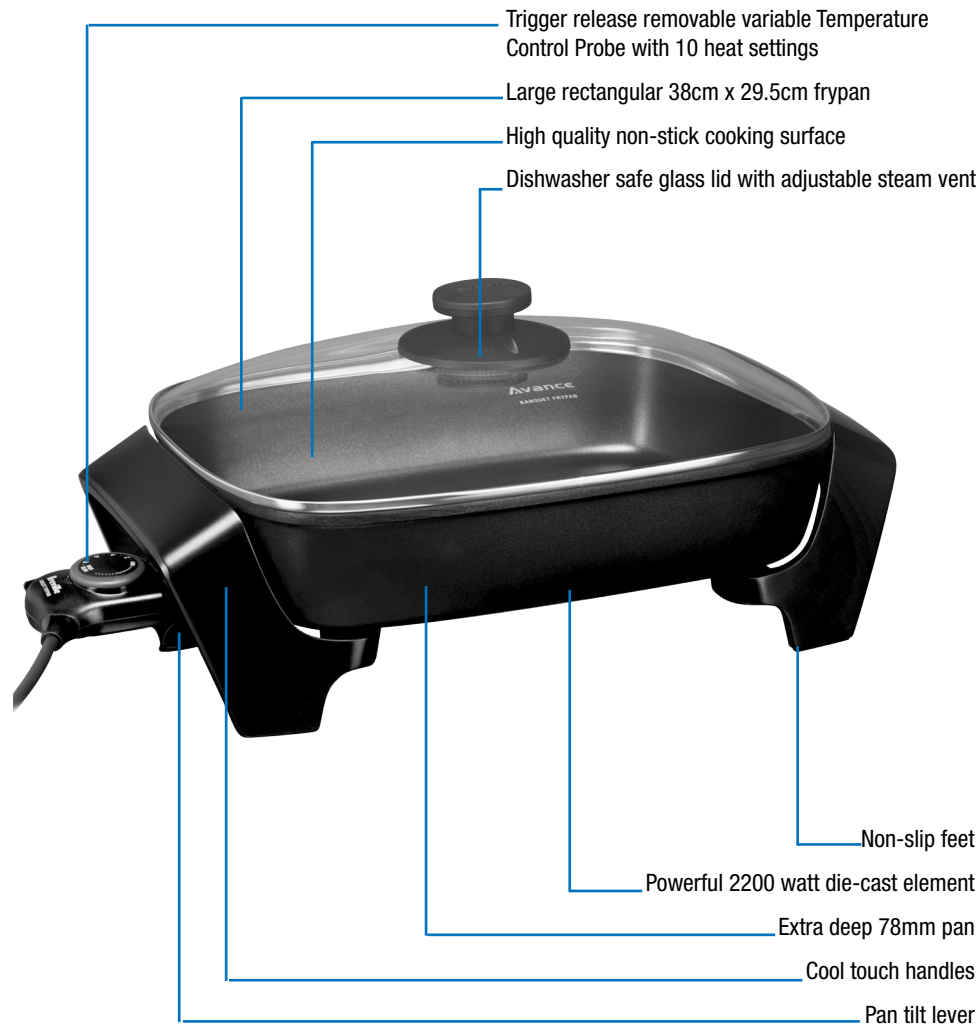
IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind cord before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience or knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if power supply, cord, plug, Temperature Control Probe or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is recommended for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

⚠ DO NOT OPERATE THE AVANCE® BANQUET FRYPAN ON AN INCLINED SURFACE. DO NOT MOVE THE AVANCE® BANQUET FRYPAN WHILE IT IS SWITCHED ON.

Know your Breville Avance® Banquet Frypan

Operating your Breville Avance® Banquet Frypan



Before first use

Remove and safely discard any packaging material or promotional stickers before using your Avance® Banquet Frypan for the first time. It is recommended before the first use to wash your frypan and lid in hot soapy water. Rinse and dry thoroughly. Do not immerse the cord, plug and/or Temperature Control Probe in water or any other liquid.

This frypan must be used with the Temperature Control Probe provided. Do not use any other probe or connector.

Note

To adjust the steam outflow from the frypan, turn the adjustable steam vent attached to the knob on the glass lid.

Note

Operation of your frypan

1. Insert the Temperature Control Probe into the probe socket on the appliance. Plug into a 230/240V power outlet and switch 'On'. Always insert the probe into the appliance first, then insert plug into power outlet.

Before inserting the Temperature Control Probe into the probe socket; ensure the interior of the socket is completely dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

Note

2. Turn the dial on the Temperature Control Probe clockwise to the desired setting. The red heating light on the probe will illuminate.
3. The red heating light will remain illuminated until the frypan reaches the desired temperature. Once the temperature has been reached, the red light will cycle 'On' and 'Off' during cooking to maintain the desired temperature.
4. When cooking is completed, turn the dial anti-clock-wise until it is aligned with the 'MIN'. Switch off at the power outlet and unplug.
5. Leave the Temperature Control Probe connected to the appliance until cool.
6. Remove the Temperature Control Probe and follow the cleaning instructions to clean the frypan (page 9).

Care, Cleaning & Storage

CARE

- Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.
- Do not use metal utensils on the non-stick coating of the frypan. Only use wooden or good quality plastic utensils to stir or serve food.
- Before cleaning, switch the frypan to 'MIN' and unplug from the power outlet. Remove the Temperature Control Probe when cooled, from the probe socket of the appliance.

CLEANING

Temperature Control Probe

- If cleaning is necessary, wipe the Temperature Control Probe over with a slightly damp cloth. Ensure it is completely dry before use.

Never immerse the Temperature Control Probe, plug or cord in water or any other liquid.

Note

Non-stick cooking surface

Cooking on a non-stick surface minimises the need for oil. As food does not stick, cleaning is easier.

Any discolouration that may occur on the non-stick surface may detract from the appearance of the frypan but will not affect the cooking performance.

Do not use metal (or other abrasive) scourers when cleaning the non-stick coating. Wash with hot soapy water. Remove stubborn spots with a soft plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

To clean the interior and exterior surface and glass lid wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush.

Note

Removing discolouration of the non-stick surface

- Combine 2 tablespoons bicarbonate of soda, ¼ cup household bleach, 1 cup water.
- Pour into the frypan, place lid on with the vent closed, and simmer for 5-10 minutes.
- Clean in a well-ventilated area and avoid breathing in the vapours. Wash as directed before re-use. In some instances this may not remove all the staining.

Glass lid

Wash the lid in warm soapy water using a soft cloth or sponge, rinse and dry thoroughly.

Dishwasher safe

Your frypan and glass lid are dishwasher safe for easy cleaning. Remove the probe and power cord before placing frypan into the dishwasher.

Before inserting the Temperature Control Probe into the probe socket, ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

Note

STORAGE

Store the frypan upright with the lid in position.

Store the Temperature Control Probe carefully. Take care not to knock or drop the probe as this can cause damage. If damage is suspected, return the Temperature Control Probe with the frypan to your nearest Breville Service Centre for inspection.

TIP

- For convenient storage of the Temperature Control Probe, line the frypan with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug do not scratch the non-stick surface.

Cooking Techniques

Stir frying

Recommended Temperature Control Probe setting 'High Sear'.

- An energy efficient and healthy way of cooking foods. The benefit of this method is its speed and flavour result. The cooking action for stir frying is a continual stirring motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.
- Stir frying should be carried out using a 'High Sear' setting.
- Preheat your frypan before adding any ingredients, allowing the heating light to cycle 'On' and 'Off' several times. This will allow the frypan to reach and maintain an even high temperature.
- Stir frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor as over cooking will give a tough, dry result. Cooking times will depend on the size and thickness of the meat, as the bigger the pieces, the more time needed.

Recommended cuts

Beef	Lean beef strips prepared from rump, sirloin, rib eye, fillet.
Chicken	Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets.
Lamb	Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts, eye of loin.
Pork	Lean pork strips prepared from leg, butterfly or medallion steaks or fillet.
Veal	Eye of loin, fillet, round, rump or topside.

Suggested times for stir frying vegetables:

Cooking time	Ingredient
3 minutes	Onion quartered, broccoli flowerets, carrots sliced, soaked Chinese dried mushrooms
2 minutes	Snow peas, capsicum sliced, zucchinis sliced, water chestnuts, bamboo shoots
1 minute	Garlic minced, chilli minced, ginger minced, shallots chopped, bean sprouts

These brief cooking times will keep vegetables crisp.

Stir fry tips

- Prepare meat strips from recommended cuts as listed above by removing fat and slicing thinly across the grain (across direction of meat fibers). Slicing across the grain ensures tenderness. Cut into very thin strips, approximately 5-8cm in length. Partially freeze meat (approximately 30 minutes) to make slicing easier.
- Buy meat strips already prepared from your butcher or supermarket.
- Stir fry meat strips in small batches (approx 200-300g) to keep juice in meat and avoid 'stewing', resulting in tougher meat.
- Meat strips should sizzle when added to the frypan.
- Stir fry meat strips for 1-2 minutes. Longer cooking will toughen meat.
- Remove each batch when cooked and allow frypan to reheat before stir frying the next batch. By cooking in small batches the heat of the frypan remains constant, ensuring the meat doesn't stew and toughen.
- A small amount of oil can be mixed through the meat strips before adding to the frypan, along with any other flavouring such as garlic, ginger and chilli. A little sesame oil can also add flavour. Mixing the oil with the meat in this way cuts down on the quantity used.
- Drain off thin marinades from meat strips before stir frying to prevent stewing and splatter.
- Stir fry vegetables in a little oil (or sprinkling of water) before meat is added for vivid colour and crispness.

Cooking Techniques (continued)

- Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.
- Do not over fill the frypan. If necessary, cook in batches and reheat at the end of stir frying. If using this method remember to under cook slightly so reheating will not spoil the finished dish.
- Serve stir fried foods immediately to retain their crisp texture.

Sautéing

Recommended Temperature Control Probe setting 8 – 'High Sear'. Use for sautéing onions, garlic, spices, pastes, herbs, vegetables, meat and seafood.

If using oil to sauté, use setting High Sear. If using butter, use setting 8.

Note

Shallow frying

Recommended Temperature Control Probe setting 8 - 'High Sear'.

Use to crispen and cook foods in a small amount of oil. The foods may have already been cooked.

- Use approximately 2-4 cups oil or sufficient oil so that half the food is immersed.
- Preheat the oil before adding food.
- Never cover the frypan with the lid during heating or cooking with oil as this can cause overheating. It may also result in condensation dripping into the oil causing bubbling and splattering.
- Do not move the frypan during heating or cooking.
- Wipe moisture from foods to avoid splattering.
- Cook a few pieces at a time to ensure crispness.

- Drain cooked foods on kitchen paper to absorb excess oil.
- Never leave your frypan unattended or unsupervised while shallow frying.
- Allow oil to cool before removing from frypan.
- Vegetable or canola oil is recommended for frying.

Pan frying

Recommended Temperature Control Probe setting Searing meat – 'High Sear' Medium heat – 6-8.

Use for cooking meats, fish, seafood, eggs, chicken or sausages.

- Preheat frypan on 'High Sear' setting. A small amount of oil can be added to the heated frypan if desired.
- Brushing whole meat cuts, for example, steak, chicken breast, fish fillets, with a small amount of oil before pan frying will give a more even result and reduces amount of oil required.
- Allow time for meat to sear on both sides. Then reduce to setting 8.
- Delicate foods such as fish and eggs should be panfried on Medium Heat Setting 6-8. Allow time for fish to be cooked on both sides and eggs to set.

Roasting

Recommended Temperature Control Probe setting Searing Roast - 'High Sear' Cooking Roast – 4 - 8.

Roasting meat and poultry

The frypan is ideal for roasting meat and poultry, as the meat retains the flavour and juices. The frypan's lid provides ample room for larger joints of meat and poultry up to 1.5kg.

- Preheat the frypan on setting 'High Sear'.

- Fattier joints of meat such as lamb require no oil. Use only a small amount of oil for leaner roasts.
- Brown and seal the meat on all sides. Position the lid.
- After browning, turn the dial to setting 4-8, to cook meat to desired doneness.
- Turn the meat over during cooking.
- Once the meat is cooked, remove from frypan, set aside and cover with foil. This allows the juices in the meat to settle before carving.
- To make gravy: Drain excess oil from frypan, stir 1-2 tablespoons plain flour into frypan residue, cook for 1-2 minutes, reduce heat, gradually add 1-2 cups stock. Increase heat and stir gravy continuously until it comes to the boil, reduce heat and simmer 3-4 minutes until gravy thickens. Serve immediately with sliced roast meat.

Roasting vegetables

- Vegetables such as potatoes, pumpkin, sweet potato, parsnips, etc. can be added to the frypan with the meat during cooking.
- Cut vegetables into even sized pieces and lightly brush with oil.
- Add to the frypan 40-65 minutes before serving.
- For crisper vegetables, remove the meat, drain juices and add vegetables. Increase the heat for the last few minutes of cooking.

Roasting times

The following times will cook the meats to 'Well Done'. These times can be reduced for meats to be cooked to personal preference.

Suggested times for meat 'Well Done':

Ingredient	Roasting time
Pork	30-40 minutes/500g after browning
Veal	30-40 minutes/500g after browning
Lamb/Beef	25-30 minutes/500g after browning
Chicken	30-35 minutes/500g after browning

Boiling

Recommended Temperature Control Probe setting 'High Sear'.

Use for cooking rice and pasta.

- 1 cup to 6 cups water = 1 quantity
- Cooking time approximately 8-12 minutes
- Cooking times will vary for different types of pasta and rice.
- Always bring water to the boil with the lid in position. Remove lid and add 1/2 teaspoon salt and 1 tablespoon of oil to water to assist with cooking and to prevent pasta and rice grains from sticking together.
- Cook rice or pasta uncovered, stirring occasionally to prevent sticking.
- Reduce to a lower heat setting if water boils too quickly.

Baking

Your Banquet Frypan can be used for baking cakes.

Preheat the frypan on setting 'High Sear', with the lid on.

- Elevate the cake pan or tray from the base of the frypan using a small wire rack.
- Cooking times will be longer than those of a conventional oven. Use recipes in this book as a guide to the cooking times for your own recipes.



Recipes

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Appetisers and Entrees

Chicken and sweet corn soup

Serves 4-6

1 tablespoon peanut oil
1 clove garlic, crushed
500g creamed corn
150g cooked and shredded chicken meat
4 cups chicken stock
4 egg whites
1 teaspoon ground black pepper, for serving
1 tablespoon finely chopped parsley, for serving
4 green shallots, sliced diagonally, for serving

1. Heat the oil in the frypan on 'High Sear' setting.
2. Add garlic, corn, and chicken meat and stir fry for 1 minute.
3. Add chicken stock and bring to the boil. Reduce heat setting to 4-8.
4. Slowly add the egg whites to the hot mixture, stirring continuously to create fine shreds.
5. Cook for 2 minutes.

Serve hot, sprinkled with pepper, parsley and green shallots.

Baba Ghannoush

Serves 6

2 tablespoons olive oil
2 medium eggplants, peeled and chopped into 1cm pieces
2 cloves garlic, crushed
1½ tablespoons lemon juice
½ teaspoon sweet paprika
½ cup chicken stock
200g cream cheese, softened
Turkish bread, toasted, for serving

1. Heat the oil in frypan on setting 'High sear'.
2. Add eggplants, garlic and paprika and sauté for two minutes.
3. Add lemon juice and chicken stock, bring to the boil, reduce to heat setting 4-6. Cover with lid and simmer for 10 minutes or until eggplant has softened.
4. Cool mixture, then blend or process with cream cheese until smooth.
5. Refrigerate in an airtight container until required.

Serve with toasted Turkish bread.

Appetisers and Entrees (continued)

French onion soup

Serves 4-6

1 tablespoon butter
1 tablespoon oil
6 medium brown onions, finely sliced
1 clove garlic, crushed
2 tablespoons plain flour
1 cup red wine
1 teaspoon chopped fresh thyme
6 cups beef stock
Salt and pepper, optional

1. Heat the frypan on 'High Sear' setting, add butter and oil, then onions and garlic. Stir fry until onions are golden.
2. Reduce to heat setting 8 – 'High Sear', stir in flour and cook for 1 minute.
3. Gradually stir in wine and thyme and cook until liquid is reduced by half.
4. Stir in beef stock, increase to 'High Sear' setting and bring to the boil. Reduce to heat setting 4, and simmer for 15-20 minutes.
5. Add salt and pepper to taste before serving.

Curried pumpkin soup

Serves 4

40g butter
1 large leek, thinly sliced
2 cloves garlic, freshly crushed
1 tablespoon curry powder
2 teaspoons ground cumin
1kg butternut pumpkin, peeled and chopped
6 cups chicken stock
Freshly ground black pepper
120ml sour cream, for serving
½ bunch finely chopped chives, for serving

1. Preheat frypan on setting 8. Add butter to melt, then sauté leek, garlic and spices until soft.
2. Add the pumpkin, stock and pepper. Increase to 'High Sear' setting, cover with lid and bring to the boil. Reduce to setting 2-4 and simmer for 30 minutes or until pumpkin softens.
3. Cool slightly and blend or process cooked mixture until smooth.

Serve hot topped with a swirl of sour cream and sprinkled with chives.

Appetisers and Entrees (continued)

Thai fish cakes

Serves 4

400g boneless white fish fillets, diced (cod or jewfish is preferable)
½ bunch coriander, leaves and roots, finely chopped
1 x 60g egg
¼ cup well cooked rice
1 teaspoon red curry paste
1 teaspoon fish sauce
1 tablespoon sweet chilli sauce
4 cups vegetable oil, for frying
Sweet chilli sauce, for serving
Lime wedges, for serving

1. Place fish, coriander, egg, rice, curry paste and sauces into a food processor. Process the ingredients using the pulse button, until the mixture is smooth.
2. Shape the fish cakes by placing a little oil onto the palms of your hands. Mould the fish cakes into a flat round shape 3-4cm wide and place onto a greased tray. Cover and refrigerate for 20 minutes.
3. Preheat oil in the frypan on setting 8-10 for 10 minutes.
4. Place 6-8 fishcakes into the hot oil and shallow fry until golden, remove and drain on paper towel.
5. Repeat with the remaining fish cakes.

Serve hot with sweet chilli sauce and lime wedges.

Mussels in tomato and garlic sauce

Serves 4-6

2 tablespoons olive oil
2 Spanish onions, finely diced
3 cloves garlic
1 cup white wine
600ml prepared tomato pasta sauce
1 kg fresh mussels, bearded and scrubbed
¼ cup basil leaves, shredded
Freshly ground black pepper
Crusty bread, for serving

1. Preheat frypan on 'High Sear' setting. Add the oil, onions and garlic and stir fry until the onion is soft.
2. Add the wine and cook until liquid is reduced by half.
3. Stir in the tomato sauce, cover with the lid and bring the mixture to the boil.
4. Add the mussels, then reduce to heat setting 6-8, replace the lid and cook until the mussels have opened.
5. Remove any mussels that have not opened. Stir in the basil and sprinkle with pepper.

Serve with crusty bread.

Appetisers and Entrees (continued)

Ham and herbed cheese omelette

Serves 4

4 x 60g eggs, separated
2 tablespoons milk
1 teaspoon mild English mustard
¼ teaspoon salt
2 tablespoons butter
120g sliced ham, thinly sliced into strips
2 tablespoons finely snipped chives
1 tablespoon chopped parsley
1 medium tomato, chopped
½ cup grated tasty cheese, for serving

1. Combine egg yolks, milk, mustard and salt in small bowl.
2. Beat egg whites in a separate bowl until soft peaks form. Fold egg whites through egg yolk mixture.
3. Heat in frypan on setting 'High Sear'. Add butter to melt, add ham, chives, parsley and tomato, sauté for 2 minutes. Remove and set aside.
4. Reduce heat to setting 4-6. Pour egg mixture evenly into frypan. Cover and cook until top of omelette puffs and base is cooked and golden.
5. Sprinkle ham filling over half the omelette. Fold remaining omelette half over filling. Remove from frypan.

Cut into four slices and serve sprinkled with grated cheese.

Batters

Spicy pikelets

Makes 12

1 cup plain flour
2 teaspoons baking powder
¼ tablespoon brown sugar
1 teaspoon ground ginger
¼ teaspoon cinnamon
¼ teaspoon mixed spices
2 x 60g eggs, lightly beaten
1 tablespoon honey
1 cup milk
2 tablespoons butter, melted
2 tablespoons butter, extra, for greasing
Jam, for serving
Whipped cream, for serving

1. Preheat frypan on heat setting 6-8.
2. Sift dry ingredients into a small mixing bowl. Add eggs and beat using a mixer on a medium speed. Gradually add remaining ingredients and mix until smooth.
3. Allow mixture to stand for 5 minutes.
4. Add butter to grease frypan. Drop 6 level tablespoons of mixture about 4cm apart into hot greased frypan. Cook until bubbles appear on top of pikelets. Turn and cook until golden. Remove pikelets from pan. Repeat with remaining mixture.

Serve warm with jam and whipped cream.

Batters (continued)

Crêpes

Makes 10

1½ cups plain flour
Pinch of salt
3 x 60g eggs, lightly beaten
1¼ cups milk
1 teaspoon vanilla essence
2 tablespoons butter, melted
1 tablespoon butter, extra, for greasing
Lemon juice, for serving
Icing sugar, for serving

1. Preheat frypan on heat setting 8- 'High Sear'.
2. Sift flour and salt into small bowl. Combine eggs, milk, vanilla and butter. Slowly add to dry ingredients and beat mixture until smooth.
3. Add butter to lightly grease frypan. Pour sufficient batter into frypan to make a fine even crêpe. Turn crêpe over and cook until golden. Remove crêpe and repeat with remaining mixture. Cook quickly as overcooking will toughen crêpes.

Serve sprinkled with lemon juice and icing sugar.

Pancakes

Makes 8

1 cup plain flour
Pinch of salt
1 x 60g egg
¼ cup milk
2 tablespoons butter, melted
2 tablespoons butter, extra, for greasing
Fruit, for serving
Ice-cream, for serving

1. Preheat frypan on heat setting 6-8.
2. Combine flour, salt, egg, milk and butter in small mixing bowl. Beat until smooth.
3. Allow mixture to stand for 5 minutes.
4. Add butter to lightly grease frypan. Pour a small quantity of batter into frypan. Cook until bubbles form on top of the pancake. Carefully turn the pancake over and cook until golden brown.
5. Remove pancake from pan and repeat with remaining mixture.

Serve with fruit and ice-cream. Also ideal for savoury dishes.

Main course - Lamb

Shepherds pie

Serves 4

1 kg lean cooked roast lamb
30g butter
2 medium onions, thinly sliced
¼ cup plain flour
1 teaspoon Dijon mustard
2 cups chicken stock
¼ cup freshly chopped parsley
¼ cup freshly chopped mint
¼ teaspoon ground black pepper
2 tablespoons Worcestershire sauce

1. Trim meat and cut into small cubes or mince in food processor. Set aside.
2. Preheat frypan on heat setting 'High Sear'. Add butter to melt. Add onions and sauté until golden.
3. Add flour and mustard. Cook for 3 minutes, stirring constantly. Reduce to heat setting 2-4.
4. Gradually add stock, stirring until smooth. Increase to 'High Sear' setting. Bring mixture to the boil, then reduce to heat setting 4-6 and simmer for 5 minutes.
5. Add prepared meat, herbs and Worcestershire sauce to the mixture and stir thoroughly.
6. Transfer lamb mixture to a lightly greased, 8 cup ovenproof dish. Keep warm.

POTATO TOPPING INGREDIENTS

4 large potatoes, peeled and chopped
⅓ cup sour cream
40g butter
2 tablespoons freshly grated parmesan cheese
Salt and pepper, to taste

1. Place potatoes and sufficient water to cover in frypan. Cover with lid and bring to the boil. Cook for 20 minutes or until soft. Drain well.
2. Mash cooked potatoes with remaining ingredients. Whip potatoes until smooth and creamy.
3. Spread whipped potatoes over prepared lamb mixture.
4. Place into a preheated oven 220°C for 20 minutes, or under a preheated grill, until potato topping is golden and lightly crisped.

Main course - Lamb (continued)

Lamb and bean nachos with salsa

Serves 4

1 tablespoon oil
500g lamb mince
30g packet taco seasoning mix
425g can kidney beans, drained
½ cup beef stock
2 tablespoons tomato paste
240g pkt plain corn chips, toasted
150g grated tasty cheese
250g avocado, mashed, for serving
¾ cup sour cream, for serving
1 quantity prepared salsa, for serving

1. Heat oil in frypan on 'High Sear' setting. Add mince, cook until brown, stirring constantly to avoid meat lumping.
2. Add seasoning mix, beans, stock and tomato paste. Cover with lid and bring to the boil, reduce to heat setting 4-6.
3. Simmer uncovered for 10 minutes or until lamb mixture thickens, stirring occasionally.
4. Spread corn chips onto an oven proof dish. Top with lamb mixture, sprinkle with cheese and bake in a moderately hot oven 220°C, or under a preheated grill, or until heated through and cheese melts.

Serve topped with avocado, sour cream and prepared salsa.

SALSA

4 large roma tomatoes, chopped
1 small spanish onion, finely diced
1 tablespoon extra virgin olive oil
1 tablespoon freshly squeezed lime juice
1 tablespoon sweet Thai chilli sauce
1 tablespoon finely chopped coriander leaves

1. Combine salsa ingredients and mix well.

Lamb and peanut stir-fry

Serves 4

2 tablespoons peanut oil
500g lamb strips
2 red capsicum, trimmed, seeded and sliced
150g snow peas, trimmed
500g English spinach
2 tablespoons Teriyaki sauce
¼ cup oyster sauce
3 cloves garlic, crushed
1 teaspoon freshly grated ginger
2 red chillies, crushed
1 tablespoon brown sugar
2 teaspoons cornflour
1 tablespoon water
250g unsalted peanuts
2 tablespoons shredded basil leaves
Steamed rice, for serving

1. Heat oil in frypan on 'High Sear' setting. Stir-fry lamb strips in two batches for 1-2 minutes. Remove each batch when cooked and allow pan to reheat before stir-frying the next. Remove lamb and set aside.
2. Stir fry capsicum and snow peas, until tender.
3. Return lamb to frypan. Add spinach, sauces, garlic, ginger and chillies.
4. Combine brown sugar, cornflour and water. Stir through lamb mixture. Reduce to heat setting 4-6 and simmer to thicken the sauce.
5. Fold in the nuts and basil leaves just before serving.

Serve with rice.

Main course - Lamb (continued)

Roast lamb with garlic and rosemary

Serves 4-6

1.5 kg leg of lamb
3 cloves garlic, peeled
1 tablespoon rosemary sprigs
1 tablespoon light olive oil
Freshly ground pepper
Roast vegetables, for serving
Gravy sauce, for serving

1. Trim excess fat from lamb. Cut garlic into thin slivers. Use a small, sharp knife to cut small slits into the lamb and insert garlic and rosemary sprigs into slits.
2. Brush lamb with oil and season with pepper.
3. Preheat frypan on 'High Sear' setting. Add lamb and sear on all sides.
4. Reduce to heat setting 4-6. Cover and cook for a further 1 hour and 30 minutes until lamb is cooked to desired doneness. Turn lamb during cooking and baste occasionally.
5. Remove lamb and cover with foil. Allow lamb to stand for 15 minutes prior to carving.

Slice lamb and serve with roast vegetables and gravy sauce (refer Roasting Meats and Vegetables on Page 12).

Herb crusted lamb

Serves 4-6

2 racks of lamb (6 cutlets each)
1 cup fresh breadcrumbs
½ cup dried breadcrumbs
1 tablespoon freshly chopped parsley
1 tablespoon freshly chopped mint
1 tablespoon finely chopped basil
2 x 60g eggs, lightly beaten
2 cloves garlic
1 tablespoon lemon juice
2 tablespoons olive oil

1. Trim excess fat from lamb. Combine breadcrumbs with herbs, eggs, garlic, lemon juice. Mix well.
2. Press combined mixture firmly over meat. Cover tops of cutlet bones with foil to prevent over-browning.
3. Heat oil in frypan on heat setting 'High Sear'.
4. Place lamb racks, crust side down into frypan, cook for 10 minutes. Carefully turn racks over, reduce the setting to 4-6 and cover with lid. Cook for approximately 30 minutes or until lamb is cooked to desired doneness.
5. Remove lamb racks from pan, cover with foil and allow to stand for 10 minutes before carving.

Main course - Beef

Beef burgers

Makes 6

500g lean beef mince
1 onion, finely diced
1 X 60g egg, lightly beaten
½ cup fresh breadcrumbs
1 tablespoon Worcestershire sauce
2 tablespoons tomato sauce
1 teaspoon dried mixed herbs
Freshly ground black pepper
¼ cup fruit chutney
2 tablespoons oil
6 rashers bacon, trimmed
6 slices canned pineapple, drained
6 hamburger rolls, for serving
Barbeque or tomato sauce, for serving
Garden greens, for serving

1. Combine beef, onion, egg, breadcrumbs, sauces, herbs, pepper and chutney. Wet palms of hands and shape into 6 even-sized patties, refrigerate until required.
2. Heat oil in frypan on heat setting 'High Sear'.
3. Cook patties on each side until meat is cooked through. Remove and drain on paper towel.
4. Add bacon and pineapple to the frypan and cook until crisp and golden.
5. Place beef patties onto rolls and top with bacon and pineapple.

Serve on hamburger rolls with barbeque or tomato sauce and a selection of garden greens.

TIP

- Beef Patties are best made ahead of time and chilled for several hours.

Beef and peppercorn casserole

Serves 4

1 kg chuck steak, trimmed and cut into 2cm cubes
2 tablespoons plain flour
1 tablespoon olive oil
30g butter
3 small onions, cut into wedges
2 sticks celery, sliced
½ tablespoon ground allspice
3 medium potatoes, peeled and cubed
1 large carrot, sliced
5 cups beef stock
2 teaspoons Worcestershire sauce
300ml sour cream
Potatoes, rice or pasta, for serving

1. Toss beef cubes in flour
2. Heat oil and butter in frypan on 'High Sear' setting.
3. Add beef cubes and sauté beef until browned.
4. Remove beef from frypan.
5. Add onions, celery, allspice, and vegetables, sauté until well browned.
6. Add stock and Worcestershire sauce. Cover with lid and bring to the boil. Stir in beef cubes. Recover with lid and reduce to a rapid simmer on heat setting 6.
7. Simmer for 1½ hours or until tender. Stir in sour cream just before serving.

Serve with potatoes, rice or pasta.

Main course - Beef (continued)

Classic roast beef

Serves 4

1.5 kg boned rib roast
Freshly ground black pepper
2 cloves garlic, crushed
1 tablespoon olive oil
Gravy, for serving

1. Rub outside of meat with combined pepper, garlic and olive oil.
2. Preheat frypan on 'High Sear' setting. Place prepared beef into frypan and sear on all sides. Cover with lid, reduce to heat setting 4-6 and cook for a further 1½ hours or until cooked to desired doneness.
3. Remove and cover with foil and allow to stand for 15 minutes before carving.

GRAVY

2 tablespoons plain flour
¼ cup red wine
1 cup vegetable stock
2 cups beef stock
1 tablespoon English mustard
Salt and pepper, to taste

1. Drain excess fat from the frypan. Reduce to heat setting 2-4. Stir flour into pan residue, cook for 1-2 minutes. Increase to heat setting 6-8 to lightly brown flour.
2. Reduce to heat setting 4-6. Gradually add wine, stock and mustard.
3. Increase to heat setting 'High sear' and stir gravy continuously until it comes to the boil, reduce heat and simmer 3-4 minutes until gravy thickens. Season to taste and serve.

Main course - Chicken

Thai green chicken curry

Serves 4

1 tablespoon vegetable oil
1 brown onion, diced
1 teaspoon crushed garlic
1 teaspoon diced ginger
1½ tablespoons Thai green curry paste
800g skinless chicken thigh meat, diced
1 cup chicken stock
2 x 200g cans coconut cream
200g bamboo shoots
1 punnet cherry tomatoes
⅓ cup coriander leaves
Steamed jasmine rice, for serving

1. Heat oil in the frypan on 'High Sear' setting. Add the onion and cook until golden.
2. Add the garlic, ginger and curry paste and cook until the oil separates from the curry paste.
3. Add the chicken and toss in the curry paste mixture, add the stock and half the coconut cream.
4. Cover with lid and bring to the boil then reduce to heat setting 2-4.
5. Simmer the curry with the lid on for 20 minutes or until the chicken is cooked. Stir in the remaining coconut cream, bamboo shoots, cherry tomatoes and coriander leaves ingredients and simmer for 5 minutes.

Serve with steamed jasmine rice.

Main course - Chicken (continued)

Roast chicken with thyme and bacon

Serves 4

2 sprigs thyme
20g butter, softened
1.5 kg chicken, trimmed, washed and dried
4 rashers bacon, rind removed and sliced in half
1 tablespoon oil
¾ cup chicken stock
2 teaspoons chopped thyme, extra

1. Place thyme sprigs and butter in cavity of prepared chicken.
2. Lay bacon diagonally over chicken breasts and secure with toothpicks if required. Tie chicken legs together.
3. Preheat frypan on heat setting 'High Sear'. Place chicken breast side up into frypan and brush with oil. Cover with lid and cook for 15 minutes. Reduce heat to setting 4-6 for 1½ hours, basting regularly with stock.
4. Remove chicken from pan and allow to stand for 15 minutes before carving.
5. Add extra thyme to pan juices and pour over chicken to serve.

Oriental chicken

Serves 4-6

1.5kg chicken, trimmed, washed and dried
½ cup teriyaki sauce
2 tablespoons honey
2 tablespoons ginger wine
1 tablespoons crushed garlic
¾ teaspoon freshly minced ginger
2 shallots, thinly sliced
¼ teaspoon five spice powder
½ teaspoon sesame oil
1 tablespoon cornflour
1¼ cup chicken stock
Rice, salad or roasted vegetables, for serving

1. Place chicken into a plastic freezer bag or large bowl.
2. Combine teriyaki sauce, honey, ginger wine, garlic, ginger, shallots, spice powders and oil.
3. Pour over chicken. Seal bag or cover bowl with plastic wrap. Marinate for several hours or overnight. Turn chicken when possible.
4. Remove chicken, reserving marinade.
5. Preheat frypan on 'High Sear' setting. Place chicken into frypan and sear on all sides.
6. Reduce to heat to setting 4-6. Cover with lid and cook for 1 hour. Baste regularly with reserved marinade. Remove chicken and keep warm.
7. Blend cornflour and stock together. Stir into pan juices and bring to the boil on heat setting 'High sear'. Reduce to a heat setting 4-6 and stir until sauce has thickened.

Serve chicken with sauce and rice, salad or roasted vegetables.

Main course - Chicken (continued)

Saffron chicken pilaf

Serves 4

1 tablespoon light olive oil
500g chicken breast fillet, sliced into strips
1 tablespoon butter
2 cups long grain white rice
3 whole cloves garlic
½ teaspoon powdered saffron
½ teaspoon ground cardamom
1 teaspoon ground cumin
½ teaspoon Garam Marsala
1 cinnamon stick, broken
2 cardamom pods, lightly crushed
3 cups chicken stock
½ cup sultanas
100g smoked almonds

1. Heat oil in frypan on heat setting 'High Sear'. Add chicken strips and cook for 2-3 minutes and remove.
2. Heat butter on heat setting 8. Add rice and stir well to coat with butter. Add garlic, spices and stock.
3. Increase to heat setting 'High Sear', cover with lid and bring to the boil. Reduce to heat setting 2-4 and simmer for 20 minutes or until rice has cooked.
4. Stir chicken, sultanas and smoked almonds thoroughly into rice. Reheat thoroughly before serving.

Creole chicken

Serves 4-6

1kg chicken legs
2 tablespoons Cajun spice mix
2 teaspoons sweet paprika
1 tablespoon freshly chopped basil
1 cup plain flour
¼ cup light olive oil
1 red capsicum, trimmed, seeded and diced
1 green capsicum, trimmed, seeded and diced
2 sticks celery, thinly sliced
2 red chillies, thinly sliced
250ml chicken stock
300g carton sour cream
30g butter, softened

1. Combine chicken, spices, herbs and flour into a plastic freezer bag. Shake well to coat chicken evenly. Reserve 3 tablespoons of the flour mixture.
2. Heat oil in frypan on setting 'High Sear' setting. Add chicken legs and cook until crisp and golden.
3. Remove chicken and drain on paper towel. Add capsicum, celery and chillies to hot pan and sauté on setting 8.
4. Add chicken and stock. Reduce to heat setting 4-6, cover with lid and cook for 40 minutes.
5. Uncover and stir in sour cream and simmer for a further 10 minutes.
6. In a small bowl, whisk reserved flour into the softened butter.
7. Stir flour mixture into the pan juices and simmer for another 5-10 minutes. Add extra water or stock if needed to make sufficient sauce.

Vegetables

Asparagus with sweet Thai dressing

Serves 4-6

3 bunches fresh asparagus, trimmed
1 Spanish onion, peeled and thinly sliced
¼ cup freshly chopped coriander
¼ cup freshly chopped mint
1 tablespoon finely snipped garlic chives
1 tablespoon extra virgin olive oil
2 tablespoons freshly squeezed lime juice
2 small red chilli, finely sliced
¼ cup red wine vinegar
1 tablespoon fish sauce
Salad leaves, for serving

1. Cut asparagus into 8cm lengths.
2. Pour 6 cups of water into frypan. Cover with lid and bring water to the boil on heat setting 'High Sear'.
3. Place asparagus into the boiling water. Cook for 5 minutes until asparagus is tender. Remove and rinse under cold water.
4. Drain asparagus onto paper towel. Toss asparagus, onions and herbs together in a serving bowl. Cover and chill for an hour before serving.
5. Combine oil, juice, chilli, red wine vinegar and fish sauce. Pour over asparagus and toss lightly.

Serve with salad leaves.

Ratatouille

Serves 4

¼ cup olive oil
2 cloves garlic, thinly sliced
1 large Spanish onion, peeled and roughly chopped
3 red capsicum, seeded and cut into 4cm cubes
1 medium eggplant, roughly chopped
8 Roma tomatoes, chopped
4 zucchini, thickly sliced
½ cup chicken stock
½ cup basil leaves
Freshly ground black pepper
Pasta, for serving

1. Heat oil in frypan on heat setting 'High Sear'. Add garlic and onion and sauté for 2 minutes until softened.
2. Add capsicum, eggplant, tomatoes, zucchini, stock and basil and sauté for 2 minutes. Cover with lid and bring to the boil. Reduce to heat setting 4-6.
3. Simmer for 15 minutes or until vegetables have softened and liquid thickens.

Serve with pasta as an accompaniment to beef, chicken, pork or lamb.

Vegetables (continued)

Dry potato and kumera curry

Serves 4

2 tablespoons olive oil
2 teaspoons brown mustard seeds
2 onions, thinly sliced
2 cloves garlic, crushed
2 teaspoons minced ginger
2 red chillies, thinly sliced
1 tablespoon Marsala-blend curry paste
500g potatoes, peeled and cubed
500g kumera, peeled and cubed
1 cup vegetable or chicken stock

1. Heat oil in frypan on heat setting 'High Sear'. Add mustard seeds and sauté until they start to pop.
2. Add onions, garlic, ginger and chillies and sauté for 2 minutes until softened.
3. Add curry paste, potatoes, kumera and stock.
4. Cover with lid and bring to the boil on 'High Sear' setting then reduce to heat setting 4-6. Simmer for 20 minutes or until vegetables are just tender and liquid has reduced and thickened.

Kumera, zucchini, bean shoot and tofu stir fry

Serves 4

1 tablespoon peanut oil
1 medium kumera, peeled and diced
1 large zucchini, cut into matchsticks
1 clove garlic, diced
1 teaspoon ginger, sliced into matchsticks
100 g bean shoots
150g firm tofu, cut into slices
1 teaspoon sesame seeds
1 teaspoon sesame oil
1 tablespoon sweet soy sauce
Grilled chicken or pork, for serving

1. Heat oil in the frypan on 'High Sear' Heat setting. Add the oil then the kumera and cook for 2 minutes. Add the zucchini, garlic and ginger and cook for another 2 minutes. Continue to cook for a few minutes to release the aromatics.
2. Add the remaining ingredients and cook for 2 minutes then serve immediately.

Serve with grilled chicken or pork.

1. Preheat the frypan on 'High Sear' setting.
2. Grease and lightly flour a 20cm round cake pan.
3. Add the vinegar to the milk, mix well and allow to stand for 5 minutes.
4. Sift flour, sugar, cocoa and soda into a mixing bowl. Add the egg, butter and milk mixture. Mix with an electric beater to form a smooth batter.
5. Pour the batter into the prepared tin and smooth the top.
6. Place the cake on a small wire rack in the frypan, cover with the lid, with the vent closed, and cook for 40 minutes or until cooked when tested.
7. Remove from frypan and allow cake to stand for 2-3 minutes before then turning onto a wire rack. Cool completely.
8. Just before serving, whip the cream and fold in the crumbled peanut bar. Cut the cake in half horizontally. Spread the cream mixture over the cut surface of the bottom layer, place the cut surface of the top cake layer onto the cream. Lightly dust the top surface of the cake with icing sugar.

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